



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

Young Living's New Mission Statement

We honor our **stewardship** to champion nature's living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose and abundance.

2007: The Year of Abundance

Denver, CO - On March 15, 2007, Justin Harrison and staff presented the **Road Map to Success**, Young Living's new comprehensive step-by-step guide to abundance through the YL opportunity, to 250 YL enthusiasts. Here are the details:

Mile Post 1 - YL Essentials

Meeting Highlights, Company History, Product Education, Abundance & Lifestyle

Mile Post 2 - Success Essentials

Leadership Principles, How to Build Your Organization, and Basic Business Skills

Mile Post 3 - Silver Club

Product & Business Education, Offering a 3-Day Event with All Expenses Paid by YL - By Invitation Only - July 5-8, 2007

Mile Post 4 - Gold/Platinum Club

Network & Planning, Offering an Annual Trip with All Expenses Paid - By Invitation Only - November 2007 in Florida

Mile Post 5 - Diamond Club

Leadership Rewards, Offering an Annual Trip with All Expenses Paid - By Invitation Only - Rome, Italy

Meeting Highlights

- Young Living in Europe is growing fast with the teaching of team matching bonuses. In a few years it will be close to US sales.

- Colorado has the largest number of Diamonds and Crown Diamonds in the US.

- You are invited to become a steward of Essential Oils and to help people to see that they have a choice.

- Coming Soon! Star Performance, Matching and Starter Kit Bonuses will be paid weekly!

- Since we have grown up in a culture used to taking pills, YL puts oils in capsules. Our enteric capsules are coated with seaweed in order for the capsule to bypass the digestive system and dissolve in the intestines.

- Ningxia Red is a whole system tonic good for liver, eyes, cardiovascular system, prostate and skin. With 50% pure wolfberries, Olympic gymnasts use wolfberries during training.

- A cancer clinic in Alabama contacted YL and wants to work with them, and will do testing and documentation of essential oils.

- Hospitals in Canada are diffusing Thieves in their air ventilation system to combat mold, bacteria and MRSA.

What you dwell on, you excel on!

Share, enroll and reward!



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Cosmetic Myths and Facts

By Allyn Breech

I recently read an article in *O Magazine* called "If Looks Could Kill." Jolene Edgar decided to address some of the "bad press" about toxic cosmetics by interviewing dermatologists, chemists, and toxicologists. Some of her conclusions about safety in the products she reviewed are laughable.

For instance she says most lipsticks are safe because they are no longer being made of coal tar that contains high amounts of lead, but are now made from petroleum and the FDA certifies each batch. By law, the FDA doesn't have the ability to approve cosmetics or their ingredients, except for color.

She says you'll find more lead and mercury in the foods you eat than the lipstick you wear! The fact is that we come into contact with more than 500 chemicals and toxic substances everyday and there are already 200 chemicals in the average persons body fat. The toxic chemical products that families use everyday have created a serious problem that is impacting their health, quality of life and their very future. We are the first generation exposed to such an unprecedented number of chemicals on a daily basis. There are now over 70,000 chemicals commercially produced in the U.S.

Ms. Edgar goes on to debunk the myth about the cancer causing cleansing agents in shampoo. Sodium Laureth Sulfate, DEA, TEA, and a host of others. According to her research, while they are known to irritate the skin, they are not carcinogenic. My research suggests she take another look. Most soaps contain petroleum and coal tar derivatives along with hard surfactants, preservatives, fragrances, dyes, perfumes, deodorizers, and other toxic by-products. Almost all of the unpronounceable ingredients in 90% of shampoos may cause drying of the skin. They have also been shown to corrode the hair follicles and have been blamed for hair loss. These chemicals are also considered "xeno-hormones." These can disrupt hormone production by mimicking estrogen.

She also said recently there was an article in the NY Times linking the oils of lavender and tea tree oils to premature breast development in 7-8 year old boys. She recommended avoiding these oils on children all together. I would have to ask if these were synthetic or therapeutic grade oils such as Young Living provides?

Her other misguided attempts were to say that most deodorants and perfumes are safe. Perfumes contain phthalates which are plasticizing ingredients that have been linked to birth defects. The scary thing is they are present in nearly 75% of all products tested. The word *phthalates* never appears on the label. Deodorants can contain aluminum, propylene glycol and parabens. They block our sweat glands from expelling toxins. I personally have been allergic to them from the moment I put one on as a teenager.

Ms. Edgar also states that parabens (made from petroleum) are safe wherever they occur. They have been linked to cancer. Our skin is our largest organ and everything we put on our skin goes directly into our blood stream. This has to be processed in the liver and released for elimination. Human beings are fast becoming the most polluted species on the planet, so this process of ridding ourselves of all these toxins is becoming increasingly difficult.

If I can leave you with one thing, I would ask you to please read all of the labels from your skin care products. Anything you put in or on your body and your children's bodies is in your control. Young Living makes a wide variety of shampoos, soaps, toothpaste and nutritional products from WHOLE FOOD and THERAPEUTIC GRADE ESSENTIAL OILS. Young Living products can actually help undo the damage from our exposure to all of these chemical toxins. Isn't it time to take back your life by eating healthy food, exercising, and using products that enhance your life and leave a small footprint on nature? It's time we all do our part and stop supporting companies that pollute the earth.

One generation plants the trees; another gets the shade. – Chinese Proverb

Benevolent Sun - Toxic Body

In the book, *A Handbook For Vibrant Living: Eight Keys To Vibrant Health*, the author offers a good explanation of what actually happens when we are in the sun for too long. He explains that sunlight on the skin causes the body to speed up elimination of toxins through the skin. Because of the average SAD diet, we tend to be overburdened with toxins. As sunlight draws these toxins out of the body, they are in constant contact with the skin. Over a long period of time, this constant contact may lead to skin cancer just as surely as retaining particulates (cigarette smoke, asbestos, or coal dust) in the lungs, toxic waste in the colon, or alcohol in the liver may lead to cancer in that part of the body. In every case, when the body is forced to retain toxins for an extended time, that part of the body may tend to develop cancer. With a clean system, there is no more risk of skin cancer than there is of lung cancer, colon cancer, or liver cancer. Sent in by Esther - Thank you!

Myrrh is great for the skin. I use the Myrrh in V6 when I do my wraps and it will draw little rods of petrochemicals out of my belly. (Glad to get them off my reproductive organs!) But, since Myrrh is an analgesic and it supports the skin, any rashes or reactions don't itch or irritate me. Spring is here and so is more sunshine. Put half a 15 ml bottle of Myrrh in a 3.8 oz bottle of V6 to use as sunscreen. You can add Sandalwood or Frankincense to it if you want to improve the youthfulness of your skin. These are great stories to repeat when telling about Myrrh at your 12 Oils of Ancient Scripture presentations around Easter time. - Tiffany Rowan

Day After Day, Patient After Patient, The Results Prove the Healing Power of Water! Referenced from *Your Body's Many Cries for Water* by Fereydoon Batmanghelidj

I have used water to cure people who were suffering from "incurable" diseases. I have cured people who suffered for 10 years, 20 years, even 30 years from painful conditions produced by dehydration.

The Mayo Clinic had pronounced Lloyd Palmer, of Minnesota, as incurable. Since 1965 he had suffered from excruciatingly painful arthritis of his spinal column: ankylosing spondylitis. His spine twisted and lost movement until, he says, he became a "walking comma."

He suffered pain for 31 years, until he started to drink water and take salt. He writes: "I continue to be pain-free with my ankylosis spondylitis one year after starting the water/salt regime. My blood pressure is normal as well. I thank God every day for allowing me to finally be pain-free." Lloyd Palmer's story is so incredible that Paul Harvey reported it on his ABC News program. He also wrote a syndicated column, printed in a few hundred newspapers.

In a recent news broadcast on ABC television, Peter Jennings announced that 110 million Americans suffer from chronic pains. The breakthrough medical information these people need to regain their health is now in your hands. Empower yourself! Increase your knowledge of persistent dehydration and its "calling cards," now that you have the opportunity. Learn the secrets to a much longer pain-free life.

Attention! It is easy to understand what water does in your body, but bear in mind there is more to it than just simply drinking water. You must learn to rehydrate your body gradually and carefully. You need to recognize your own particular early indicators of thirst. Not everyone is the same. You must learn what can happen to your own body when it becomes dehydrated. Not every body registers drought in the same way. Depending on where the drought has settled, the initial indicators are different in different people. WARNING! You must learn how to start drinking water in a way that you do not collect water in your lungs - particularly if you have been dehydrated for some time, or if you are on medications - and eventually wish to get off medications.

BENEFITS OF HYDRATING YOUR BODY

- ✦ Add many healthy pain-free years to your life.
- ✦ Lose unwanted pounds of excess weight.
- ✦ Regain your youthful skin. Get rid of "crow's feet" on your face.
- ✦ Increase your mental power and alertness.
- ✦ Cure asthma in a few days - forever.
- ✦ Regain the sexual powers of your earlier years.
- ✦ Become stress-free. Don't forget, the stress-relieving and disease-curing miracles of water were first discovered in a harsh political prison.
- ✦ Prevent and cure migraine headaches.
- ✦ Prevent Alzheimer's disease. Regain your memory, even in old age. The brain is 85 percent water. When water in the brain becomes insufficient, the brain shrinks. The plum-like cells become prune-like. Only in their natural fully hydrated state are brain cells able to connect and "talk" to one another, and we are able to remember things.
- ✦ Prevent and help to cure arthritis. Rheumatoid joint pain is a signal of water shortage in the painful joint.
- ✦ Prevent and cure back pain.
- ✦ Prevent heart disease. Cure angina pain. Heart pain is a sign of water shortage in the heart/lung axis.
- ✦ Prevent and help to cure heartburn. Heartburn is a signal of water shortage in the upper part of the gastrointestinal tract. It is a major thirst signal of the human body.
- ✦ Prevent and help to cure arthritis. Rheumatoid joint pain - arthritis - is a signal of water shortage in the painful joint.
- ✦ Prevent and help to cure colitis. Colitis pain is a signal of water shortage in the large gut. It's associated with constipation because the large intestine constricts to squeeze the last drop of water from excrements; thus the lack of water lubrication.
- ✦ Learn to give your body what it needs. Avoid giving it substances that cause further problems. Most medications are nothing less than slow poisons with dangerous side effects. They do not correct the on-going problem of dehydration.

When is the Best Time to Take Oils Internally? by David Stewart, PhD, DNM

Essential oils that are certified by the FDA as "GRAS" (Generally Regarded As Safe) may be taken orally and swallowed. The "Essential Oils Desk Reference" (EODR) has a list of such oils, Appendix C, page 431. Young Living's booklet, "Essential Oil Users Guide" also has a table denoting which oils are regarded as safe for internal use.

Personally, I take a capsule of clove or Thieves containing 10-12 drops almost every day in order to support my immune system, maintain my health, and add productive years to my life. In so doing, the question arises as to when is the best time to ingest essential oils for maximum benefits.

The acid in your stomach can destroy a good portion of any essential oil, even up to 80%. Eating essential oils when your stomach is acid requires taking several times the dose as would be required if your stomach were not acid.

The good news is that your stomach is not always acid. It produces acid only when it needs to do so. For the most part, this is only when you have eaten proteins. This includes meat, fish, nuts, grains, and dairy products. If you eat a meal consisting entirely of raw fruits and vegetables, your stomach does not secrete any acids for these since their natural living enzymes are sufficient for the digestion process.

Therefore, for maximum benefits from minimum dosages of ingested essential oils, take them on an empty stomach before eating protein, or with a fruit or vegetable juice, or with raw fruits or vegetables. Putting them in your Ningxia Red juice is a perfect way to receive them. You can mix the oils with your drinks or foods or swallow them in capsules. In this way, you get the benefit of all of the oil, not just part of it.

As for me, I take mine first thing in the morning as I enjoy my Ningxia Red "start-the-day-right" cocktail.

Will Our Children Be The Voice of Environmental Change? Stewardship in the Next Generation by Ruby Gibson



Children are well when their world is well. Their future is dependent upon the cooperation of governments and cultures, the protection and sustainability of our resources, and the regard and advancement of new technology. When children recognize themselves as a highly valuable resource, they become proactive, empowered and motivated about life – focusing on environmental concerns, global affairs and healthy living.

Visioning a healthy environment requires global, innovative and outside-the-box thinking. We are on the precarious edge of responsible and affirmative action, with a need to initiate projects that will affect our global community and will change the world. We must think big. We must think inclusively. We must think without limitation. Our Young Living company exhibits the remarkable potential for encouraging our youth to take on leadership roles as engaged learners, generating conscientious, ingenious ideas that will lead to measurable transformation.

When youth explore themselves in relationship to their world, they witness their dynamic and remarkable influence, and deliberately encourage curiosity, respect and mindful pursuits.

We encourage Message Scent readers to seek alliance with conservation, environmental and technological organizations for knowledge, ideas, teachers and educational opportunities for the youth in your life. We can all benefit from the current trend and popularity of Green Housing/Green Roofs, Recycling, Bio-Fuels, Eco-Friendly Spas & Resorts, Organic Farming, Solar and Wind Power and Environmental Awareness to encourage a green movement on Mother Earth.

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.
~ Chief Seattle, 1855

Knowledge about the environment and environmental issues among the general public is surprisingly low. The 1999 National Report Card on Environmental Knowledge, Attitudes, and Behaviors (NEETF/Roper Starch, 1999) gives Americans an "F" on their understanding of causes of basic environmental problems in the 21st century. Only one in nine scored 60 percent or above on a test of knowledge of issues likely to be a major problem in the next 15-25 years, and 1 in 25 scored 70 percent or above on an environmental knowledge quiz.

Becoming responsible adults is no longer a matter of whether children hang up their pajamas or put dirty towels in the hamper, but whether they care about themselves and others – and whether they see everyday chores as related to how we treat this planet. ~ Eda Leshan



Take nothing but pictures. Leave nothing but footprints. Kill nothing but time. ~ Motto of the Baltimore Grotto, a caving society

“A study of urban American adults by Nancy Wells and Kristi Lekies of Cornell University found that children who play unsupervised in the wild before the age of 11 develop strong environmental ethics. Children exposed only to structured hierarchical play in the wild—through, for example, Boy Scouts and Girl Scouts, or by hunting or fishing alongside supervising adults—do not. To interact humbly with nature we need to be free and undomesticated in it. Otherwise, we succumb to hubris in maturity. The fact that few children enjoy free rein outdoors anymore bodes poorly for our future decision-makers.

Another study, this one from the Earth Institute at Columbia University, found an ominous silence when it comes to educating American K-12 students on the relationship between our personal behavior and our environment: that the size and inefficiency of our cars, homes, and appliances, our profligate fuels, our love of disposables, and the effects of buying more than we need actually undermine our prospects on earth. Slightly more time is spent teaching kids how the environment can affect us, overpowering humanity with floods, droughts, storms, earthquakes, climate change. But in our overall failure to illuminate the interdependence between Homo sapiens and earth we withhold critical knowledge from those whose lives depend upon it most.

Many of today's kids recreate in the wilderness of the shopping mall, where messages of prudence and wisdom are overwhelmed by the consumerism that feeds global warming. We send our kids to the mall because we fear the dangers outside. We could hardly be more wrong in our assessment of risk.”

Quoted from an article by Julia Whitty, The Thirteenth Tipping Point: 12 global disasters and 1 powerful antidote. Mother Jones Magazine Nov/Dec 2006

Nature Deficit Sends Kids Down a Desolate Path

By Julie Deardorff
Chicago Tribune

If you've been wondering whether your children are suffering from nature-deficit disorder, Richard Louv suggests examining their current relationship with the great outdoors.

Has your son ever said, "I like to play indoors because that's where all the electrical outlets are"?

Is your daughter more familiar with Pikachu, Metapod and Wigglytuff than a squirrel, beetle and elm tree?

Is your child unsure of how to "play" in an open, natural outdoor space, one that has no playground equipment?

Alas, Big Pharma hasn't yet given us a prescription drug to combat this hypothetical medical condition that writer Louv coined and detailed in his important book, "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder" (Algonquin, \$13.95 paper).

But Louv has identified something many parents have been feeling but couldn't quite name: the increasing alienation between children and nature.

It's a loss that, in some ways, is too large to see but one that has profound implications. Nature, Louv argues, is not just a quaint form of leisure, secondary to TV and computer games. It's a critical part of child development.

"Nature is directly connected to our health," Louv preached to the converted during the recent American Camp Association conference in Chicago. "It helps us feel better physically and psychologically. It helps us pay attention."

Louv's book cites new evidence that children need nature to develop their senses for learning and creativity.

In the United States, Sweden, Australia and Canada, studies have shown that children who play on natural playgrounds (trees, fields, streams) are more likely to make up their own games and are more cooperative than those who play on man-made equipment.

Nature also is being looked at as a form of treatment, in conjunction



with behavioral therapy and Ritalin. Groundbreaking work from University of Illinois researchers has shown that exposure to ordinary natural settings may effectively reduce attention-deficit symptoms in children.

Biologist Edward O. Wilson's "biophilia" hypothesis argues that humans have an affinity with the natural world. When we aren't exposed to a natural landscape, we suffer.

"Could part of the huge increase in the number of kids diagnosed (with ADD) be because we've taken nature away in the first place?" Louv asked. "We have to change the message we

There are children playing in the streets who could solve some of my top problems in physics, because they have modes of sensory perception that I lost long ago.

~ J. Robert Oppenheimer

give our kids."

The message children hear today is largely twofold: The outdoors is unsafe because stranger danger is lurking around the corner, and it's too late to save the planet from environmental destruction.

But statistics show the outdoors is not as dangerous as we believe. And even though President Bush's pro-industry policies make him one of the weaker environmental presidents in U.S. history, parents need to stress that nature is the solution, not the problem.

"The message from media and environmental groups is that it's too late, game over," Louv said. "Then we wonder why kids don't suit up for the game. We need to instill hope."

It's not easy, as the Arctic melts

and developers wipe out wetlands and unstructured natural sites such as woods, fields, vacant lots. But nature need not always be Yosemite; it can be the end of a cul-de-sac, where a 3-year-old can dig through weeds or turn over a rock to see the pale creatures underneath.

The key is to develop a sense of ownership, whether it's with a small patch of woods or a willow tree in a suburban front yard. "Even 'near nature' can be a window into wonder," Louv said.

After defining nature-deficit disorder, Louv began what he cleverly called the "No Child Left Inside" campaign to help decrease the number of hours that children spend plugged into an electronic medium. (Some studies show it's 44 hours a week.)

Now, to help entice funding for outdoor education, he is searching for a single, catchy, marketable word that means "how nature helps children blossom."

"Nature" itself doesn't work, Louv said, because so many people don't "get" what nature is. "Environment" is too abstract and loaded. "Emotional intelligence" is boring. "Nature therapy" connotes an illness.

My guess is that a child will be the one to inadvertently capture the perfect word. Until then, remember childhood educator Maria Montessori, who said simply: "In nature, children find strength."

© The Arizona Republic



Too often we give our children answers to remember rather than problems to solve. ~ Roger Lewin

YOUNG LIVING BUSINESS NEWS

Introducing New Product Packs at Discounted Prices!

Ensure you'll always have the benefits of Young Living's premium health products on hand with one of five new autoship packs, exclusively available for participating Essential Rewards members! Delivered straight to your door each month, the products in each pack will provide daily support for your well-being & that of your family. Take advantage of the ease of autoship & save on the cost of products by adding these innovative packs to your monthly order!

Core Essentials Rewards Pack

Save \$14.75! Focus on strengthening the building blocks of total body wellness with this essential collection of nutritional products. **Pack includes NingXia Red, Longevity softgels, Omega Blue, and (2) Balance Complete.** Item # 3297
Whsl. \$155.00/Pref. cust. \$179.47

NingXia Red Rewards Pack

Save \$9 and get 10 free NXR Singles exclusively in this pack! Have your monthly nutrient infusion automatically shipped to your door to energize, fortify, & replenish your body. Step up to a whole new level of health with a monthly supply of NingXia Red for the whole family. **Pack includes (4) NingXia Red and (10) NingXia Red Singles.** Item # 3699
Whsl. \$150.00/Pref. cust. \$173.68

A.R.T Rewards Pack

Save \$14.50! Ensure that your basic skincare needs are always met by adding this pack to your autoship order; it's the ideal way to take advantage of A.R.T's advanced technology in skin restoration. **Pack includes A.R.T Day Activator, A.R.T Night Reconstruct-**

or, A.R.T Gentle Foaming Cleanser, and A.R.T Purifying Toner. Item # 3765

Whsl. \$115.00/Pref. cust. \$133.16

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Save \$11.50! Receive the benefits of the purifying action of Thieves essential oil blend in a variety of products for the home with the simplicity of this autoship pack. Featuring our newest addition to the renowned Thieves product line, Thieves Foaming Hand Soap, this pack will ensure that the benefits of the revolutionary Thieves oil will always be available to you! **Pack includes (2) Thieves Household Cleaner, Thieves essential oil blend, Thieves Dentarome Ultra Toothpaste, Thieves Fresh Essence Plus Mouthwash, (3) Thieves Spray, and (2) Thieves Foaming Hand Soap.** Item # 3697

Whsl. \$115.00/Pref. cust. \$133.16

Everyday Oils Rewards Pack

Save \$10.00! The essential oils in this collection offer ongoing benefits for your home, spirit, and body. Enjoy the relaxing benefits of Lavender and Peace & Calming, the cleansing power of Thieves and Purification, the comforting touch of Valor and PanAway, and more! **Pack includes 5 ml bottles of Frankincense, Lemon, Lavender, Peppermint, Purification, PanAway, Peace & Calming, Thieves, and Valor.** Item # 3695

Whsl. \$115.00/Pref. cust. \$133.16

New Product Price List

Detailed and comprehensive, the new Price List is organized to match your Product Guide, divided into categories according to your wellness needs. Use it as a pass-along piece to share Young Living with others by ordering a 25 pack. Item # 3863

25 pk Whsl. \$3.00/Pref. cust. \$3.00

New Spanish Literature

For the benefit and convenience of those in the Latino community, we now have new Spanish-language brochures and booklets available! Open your Young Living business in the Latino market with the help of these popular pamphlets.

Item No. 4388 - Back to Basics brochure, 25 pk (Spanish) Whsl. \$5.00/Pref. cust. \$5.00/Retail \$5.00

Item No. 4389 - Essential Oils User's Guide booklet, 25 pk (Spanish) Whsl. \$5.00/Pref. cust. \$5.00/Retail \$5.00

Item No. 4390 - NingXia Red booklet, 25 pk (Spanish) Whsl. \$7.00/Pref. cust. \$7.00/Retail \$7.00

Item No. 4391 - Flash Cards, 25 pk (Spanish) Whsl. \$5.00/Pref. cust. \$5.00/Retail \$5.00

Item No. 4392 - Seasonal Essentials Catalog, 25 pk (Spanish) Whsl. \$9.95/Pref. cust. \$9.95/Retail \$9.95

Item No. 4394 - 5-Day Nutritive Cleanse brochure, 25pk (Spanish) Whsl. \$3.00/Pref. cust. \$3.00/Retail \$3.00

Training CD's

Our newest quarterly communications tool, Wellness Essentials, which replaced Essential Rewards members' Audio Training CD's beginning January 2007, is now available for sale!

Item No. 3784 3 Key Products in the 5-Day Nutritive Cleanse Whsl. \$2.00/Pref. cust. \$2.00/Cust. \$2.00

Young Living Essential Numbers

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Distributor Network Services
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Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

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ADD/ADHD TESTIMONIAL

My daughter is 4 1/2 and although has not been officially diagnosed, she has exhibited many ADD/ADHD symptoms. Some common culprits of ADD/ADHD are wheat, dairy, processed sugars, high fructose corn syrup, artificial dyes & flavorings, an overgrowth of yeast in the GI tract and mineral deficiencies. I have eliminated the above foods from her diet and she is taking the following YL products daily: Mightyvites, Mightyzmes, Mineral Essence (1ml), 1 oz Ningxia Red; and a blend of the following YL oils: Lavender, Cedarwood, Vetiver. I have these oils continuously diffusing in her room at night and she wears a personal diffuser during the day with a few drops of the blend in it. She has been on this "program" for about 8 weeks or so. We just had a parent/teacher conference and her teacher is amazed at the 360 degree turn around in her behavior, and her attention span is much better. Her teacher said that if she had just started school as a new student she wouldn't believe that she had behavior problems in the past. Wishing you abundant health and happiness, Angela



We shall require a substantially new manner of thinking if mankind is to survive.

~Albert Einstein

Oregano: Nature's Healer by Dr. Cass Ingram

I spent the better part of 1995-96 investigating the therapeutic values of wild Oregano. I call Oregano nature's most versatile essential oil. Oregano oil is a power-house for:

1. Fighting yeast, fungus (skin and blood-born)
2. Knocking out allergies, hay fever and sinusitis
3. Stopping infections (cold and flu)

I learned about its strength first hand, as I suffered from a blood-born fungal infection that incapacitated me several years ago. I had to close my practice and move home to live. I tried everything, and ultimately discovered the potent anti-septic activity of wild Oregano. It put me back on my feet. Of late, the anti-allergic feedback I have received has been most impressive. Although oil of Oregano has been used since ancient times to fight yeast, fungal and viral infections, Oregano's ability to wipe out allergies, runny nose, sinusitis and nasal drip has taken me by surprise. Please understand, you are not going to get any better eating a pizza! Oregano (from the Mediterranean) is naturally rich in 'Carvacrols Flavonoids and Terpenes' which give the Oregano its tremendous strength. Carvacrol is a natural phenol which contains powerful anti-microbial activity. Flavonoids provide natural antiseptic properties, and Terpenes (long chain hydrocarbons) are natural anti-inflammatory agents. Use Oregano Oil topically to fight fungal infections of the nail bed, athlete's foot, psoriasis and other stubborn skin disorders.

Source: www.nutritionworld.com January 21, 2007

Dr. Cass Ingram is a physician, educator and author of over 10 books, including, *The Cure is in The Cupboard*.

Rome Show Features Ancient Perfumes

By Marta Falconi, Associated Press Writer

ROME - It's a rare chance to smell the scent of ancient history — typically a mix of natural spices and olive oil — thanks to an exhibit in Rome featuring fragrances from the world's oldest known perfume factory.

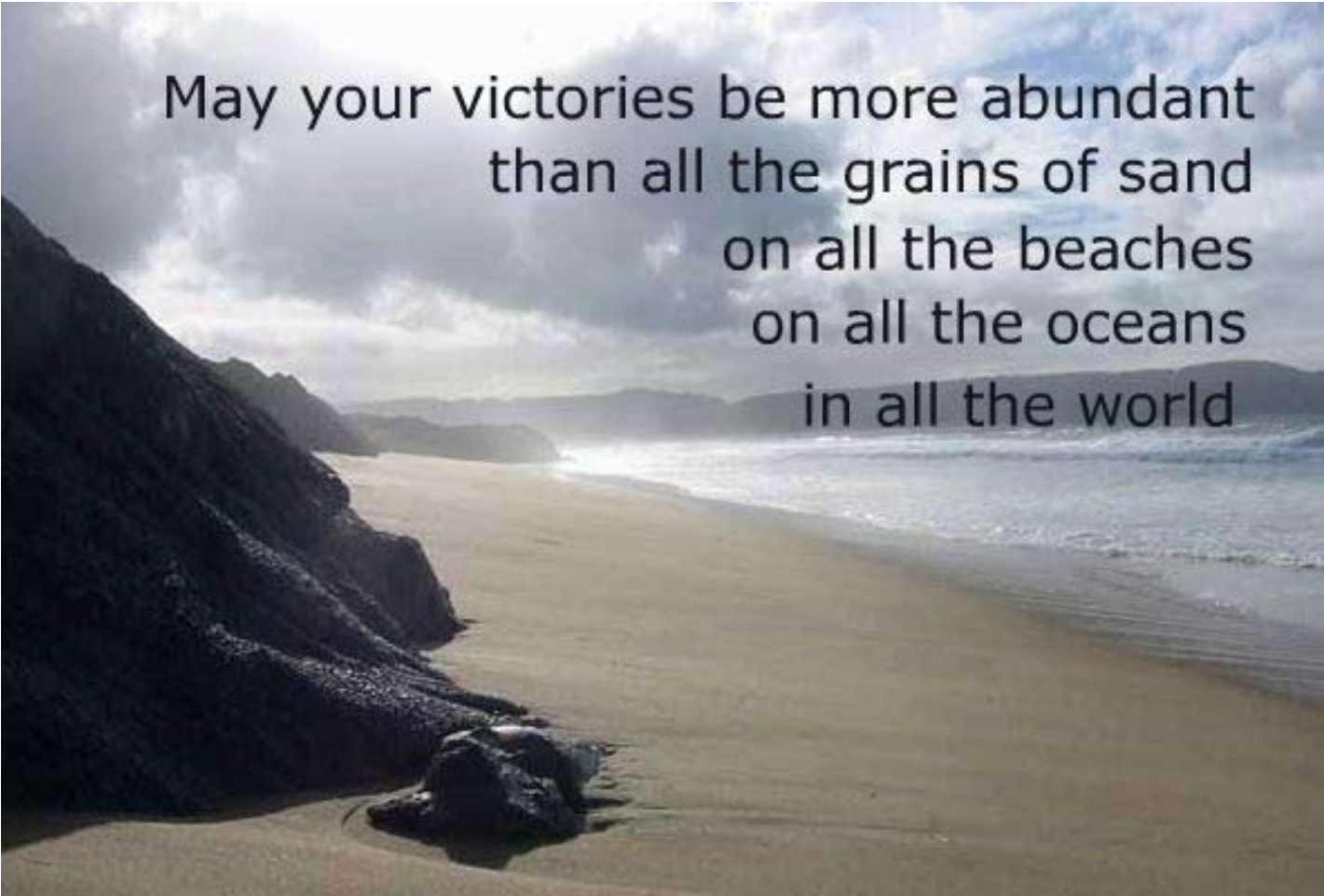
On display are four perfumes recreated by a team of archaeologists from 14 original fragrances dating from 4,000 years ago. Digging at the Pyrgos-Mavroraki site in Cyprus, they turned up a complex believed to have been used as a perfume lab. The archaeologists used fragrances extracted from traces left in containers at the site to recreate ancient aromas with the same techniques used in the past, said Maria Rosaria Belgiorno, the leading archaeologist who discovered the factory in 2003.

"Today, we are used to chemical and alcoholic scents, but these are fresher ones, smelling of herbs and spices, like almond, coriander, myrtle, conifer resin, bergamot — and not flowers," said Belgiorno, who is also the curator of the exhibit at Rome's Capitoline Museums.

The perfumes were made through the lengthy steeping of the spices in water and oil and other ancient techniques, she told The Associated Press. The perfumes — named for the Greek goddesses Hera, Athena, Aphrodite and Artemis — are displayed behind glass, with a lid that visitors can lift up to smell the fragrances. Alongside are 60 items, including amphorae, jugs, grinders and distilling equipment, discovered at the site some 60 miles southwest of Nicosia.

While perfumes and ointments have been found in tombs in Egypt and Mesopotamia, Belgiorno said this was a rare case where an entire factory dedicated to making perfume was found. The 42,300-square-foot lab, believed to have been destroyed in an earthquake in antiquity, is exceptionally well-preserved, Belgiorno said, and shows that making perfume was a serious business. The 2000 B.C. complex included an olive press room, areas dedicated to the working and refining of copper, and five 106- to 132-gallon oil-storage containers. It employed dozens of people, show organizers said.

Throughout the Bronze Age and into the 1st millennium B.C., Cyprus played a key role in copper and olive oil production and trade. Olive oil was used as a base for medicine, cosmetics and perfume, some of which were exported, mainly to Greece. "The Perfumes of Aphrodite and the Secret of Oil" exhibit, which opened March 14, runs through Sept. 2.



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